



UNITED STATES CONGRESSWOMAN
KAT CAMMACK
FLORIDA'S 3RD CONGRESSIONAL DISTRICT

Attachment 1: Candidate Fitness Assessment

Applicant's Name: _____

Take this worksheet with you when you complete your Fitness Assessment. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). Your examiner should be your high school PE teacher or coach. If you are home-schooled you may use your PE teacher (if not your parent), your ROTC instructor (if applicable), or your Military Academy Admissions Liaison Officer. NO FAMILY MEMBER MAY ADMINISTER THIS EXAMINATION.

1) Basketball Throw: record three attempts to the nearest foot.

a. 1st attempt (feet) _____ b. 2nd Attempt (feet) _____ c. 3rd attempt (feet) _____

2) Pull-Ups/Flexed Arm Hang: Men must complete the pull-ups. Women may complete EITHER the pull-ups or the flexed arm hang.

a. Pull-ups (number completed) _____

b. Flexed Arm Hang – women only (number of seconds) _____

3) Shuttle Run: Record two attempts to the nearest tenth of a second

a. 1st attempt (seconds and tenth of seconds) _____: _____

b. 2nd attempt (seconds and tenth of seconds) _____: _____

4) Modified Sit-Ups number completed _____

5) Push-Ups number completed _____

6) One Mile Run minutes and seconds _____: _____

Examiner Information:

Name and Title: _____

Telephone Number/Type _____ - _____ - _____ home/business/cell (circle one please)

Email: _____

Remarks (any unusual circumstances): _____

Date: _____ Name (Printed): _____

Signature: _____